

Rheumatism Comes From Tiny Pain Germs

First of all, get it firmly fixed in your mind that all the liniments in the world have no effect whatever on Rheumatism.

A very common form of Rheumatism is caused by millions of tiny disease germs which infest the blood. The one and only sensible treatment, therefore, is one which cleanses the blood of these germs, and routes them entirely out of the circulation.

This is why S.S.S., the greatest known blood purifier is so successful in the treatment of Rheumatism. It is a powerful cleanser of the blood, and will remove the disease germs that cause your Rheumatism, affording relief that is genuine.

S.S.S. is sold by all druggists. Free literature and medical advice can be had by writing to Chief Medical Adviser, 154 Swift Laboratory, Atlanta, Ga.

She Knew!

Teacher (to new girl)—Now, Dolly, I'll give you a sum. Supposing your father owed the butcher fifteen pounds eleven shilling and twopenny halfpenny, seven pounds three shillings to the bootmaker, fourteen pounds and ninepence to the milkman, and thirty-one pounds nineteen shillings and threepence three farthings to the coal merchant—

Dolly (confidently)—We should move!—Edinburgh Scotsman.

No Hazel, a civil engineer is never the monarch of all he surveys.

BREAKS A COLD IN JUST A FEW HOURS

"Pape's Cold Compound" instantly relieves stiffness and distress.

Don't stay stuffed-up! Quit blowing and snuffling! A dose of "Pape's Cold Compound" taken every two hours until three doses are taken usually breaks up a severe cold and ends all grippiness.

The very first dose opens your clogged-up nostrils and the air passages of the head; stops nose running; relieves the headache, dizziness, feverishness, sneezing, soreness and stiffness. "Pape's Cold Compound" is the quickest, surest relief known and costs only a few cents at drug stores. It acts without assistance, tastes nice, contains no quinine—Insist upon Pape's!—Adv.

TO KEEP EXPERIENCED HELP

Colorado Beet Sugar Company Plans to Provide Houses for Mexican Next Season.

At least one big sugar company in Colorado is already planning a nucleus of Mexican beet workers for next spring. It has just ordered the construction of 25 small frame buildings in the outskirts of Montrose for the Mexicans to occupy this winter, so that they will not drift to other districts and force the sugar company to bring in inexperienced beet workers again next spring.

This year the company imported several hundred experienced workers from Mexico. Many of these have become valuable beet workers and the company intends to do all it can to keep them in this locality.

Up Against It.

"I have to stay in the dining room now. Can't sit in my private office."

"Why not?"

"With this jazz orchestra going I can't tell when a waiter drops a tray of dishes!"—Louisville Courier-Journal.

The Profitable Kind.

"I want to become a seer and 'cal' in futures."

"What kind of a seer?"

"A financier."

Love is blind. That's why a man to love is unable to distinguish between an angel and a goose.

The Autocrat.

"Do you and your wife talk politics at home?"

"Never," replied Mr. Meekton. "We have a perfectly good cook."

"What has that to do with it?"

"We are afraid she might get into the conversation and tell us both how we'll have to vote to keep her from leaving!"

Soon to Have.

Visitor—Been doing any work in the nude?

Struggling Artist—No, but I will be if men's clothing prices don't come down!—Cartoons Magazine.

ASPIRIN

Name "Bayer" on Genuine



"Bayer Tablets of Aspirin" is genuine Aspirin proved safe by millions and prescribed by physicians for over twenty years. Accept only an unbroken "Bayer package" which contains proper directions to relieve Headache, Toothache, Earache, Neuralgia, Rheumatism, Colds and Pain. Handy tin boxes of 12 tablets cost few cents. Druggists also sell larger "Bayer packages." Aspirin is trade mark Bayer Manufacture Monarcheindeser of Salicylicacid—Adv.

WAR AGAINST THE BELUGA

French Oceanograph Society Starts Fight on Enemies of the Fishermen.

A campaign against the beluga or white whale was recently started from Bournemouth in Dorsetshire, in Britain, by the French Oceanograph Society, in which nets and poison tubes were used. The beluga, pest of the fishermen, is generally cream white in color, feeds mainly on marine fish and commits ravages among the shoals. The average length of the adult male is about 18 or 20 feet. To hunt down the white whale a net 1,500 yards long was set up at Bournemouth, while another was placed in a suitable position by the fishermen at Concarneau. Furthermore, the skippers of the sardine boats used 1,000 Yucca deluge poison tubes against the belugas.—Indianapolis News.

Tornadoed.

Traveling Man—Some tornado that was we had around here last night. Do any damage to your new barn?

Philomath Partner—Eugene. Hain't found the darn thing yet.—American Legion Weekly.

Taking things as they come and selling them at a profit begets success.

Love-making of the kind usually found in romantic novels makes the real thing look like 30 cents.

THE KITCHEN CABINET

Look to your health, and if you have it praise God and value it next to a good conscience; for health is the second blessing that mortals are capable of—a blessing that money cannot buy.—Isaac Walton.

FOOD FOR A FOUR-YEAR-OLD.

As growing children need food to supply the waste going on in their active little bodies, because they are constantly in motion, and to supply building material to build those bodies it is absolutely necessary that every mother should have an intelligent knowledge of the kind of food her child needs.

With the world full of literature on the subject there is no excuse for ignorance. The mother who is informed should see to it that her neighbor knows as well, for we know to be safe from all the evils of poor food and ignorance ourselves, we must help other people to be as wise.

In many homes the price of milk keeps the poor mother from buying what her children really need. Other foods for a child from infancy through the school age may be slightly reduced but milk should be a constant food. Strong bones and teeth depend on calcium; in combination with phosphorus it is their chief mineral element. Milk is the most valuable food to supply these components. Calcium is also obtained from the outer coats of grains, hence whole wheat, bran foods, oatmeal and corn are all most wholesome and necessary.

A generous supply of vegetables and fruit is also necessary as they furnish iron in large proportions as well as other necessary minerals.

For breakfast—a tablespoonful of two of prune pulp, one-half cupful of well cooked oatmeal with three tablespoonfuls of top milk, one slice of buttered toast and a glass of milk, or three-fourths of a cupful. At ten-thirty another glass of milk and a cracker.

Dinner—Cream of spinach soup, a half cupful of egg, one medium-sized baked potato, one slice of bread with a teaspoonful of butter and a small cupful (one-fourth of a measuring cupful) of jam.

For supper—One-fourth of a cupful of cream of wheat, two tablespoonfuls of top milk, a glass of milk to drink and one slice of bread with butter. A baked apple or three-fourths of a cupful of apple sauce.

"Give no more to each good thing than it is able to digest. Give him always of the prime and best little at a time."

HUNGARIAN STEAK.

Chop one pound of round steak, add one egg, one-half cupful of rice. Season large sized, sundry leaves, roll a portion of the meat mixture for one serving in each, fasten with toothpicks, fill five portions are made. Put in a kettle, cover with water and cook one hour. Season with paprika, thicken the gravy and serve.

Spiced Steak.—Melt two tablespoonfuls of butter. Fry one large onion minced in it until a rich brown; take out the onion. Put the flank steak in pieces, dredge with flour, fry in the butter, take out the meat, add two cupfuls of hot water, three tablespoonfuls of vinegar, one teaspoonful of mustard, one teaspoonful of salt and one-half teaspoonful of pepper. Thicken the gravy, put in a casserole and cook one hour. This will serve six people.

Nut Balls.—Take one cupful of chopped cold veal, add 12 chopped almonds, one egg, one-half teaspoonful of salt, pepper to taste. Mix and roll into balls, place in a baking pan and pour over one cupful of rich, highly seasoned tomato sauce. Serve on a platter garnished with water cress.

Tomato Aspic.—Take two cupfuls of tomato boiled with one slice of onion, one teaspoonful of salt, one eighth of a teaspoonful of pepper, heat 20 minutes and strain. Add two tablespoonfuls of gelatin, dissolve in one-half cupful of cold water, celery salt, salt and bay leaf may be added to the first mixture before boiling. Strain and pour into a mold and cool.

Celery With Cheese.—Cut the coarser stalks of celery and cook until tender in boiling salted water. Place a layer of the cooked celery in a buttered baking dish, cover with a layer of rich, well seasoned white sauce, sprinkle generously with grated cheese and repeat with another layer of each. Finish the top with buttered crumbs and bake until the crumbs are brown.

Fruit Punch.—Shred four oranges and two lemons. Add two cupfuls of water for each cupful of pulp, and sweeten to taste. Flavor with a small bottle of grape juice.

Green Pepper and Cheese.—Remove the piece around the stem of perfect shaped peppers, scoop out all white membrane and seeds. Press solidly into the pepper cups enough cream cheese to fill. Let stand until cold and firm. Cut in slices one-fourth of an inch in thickness and serve on lettuce with French dressing.

Nellie Maxwell

Catarh Can Be Cured

Catarh is a local disease greatly influenced by constitutional conditions. It therefore requires constitutional treatment. HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the Mucous Surfaces of the System. HALL'S CATARRH MEDICINE destroys the foundation of the disease, gives the patient strength by improving the general health and assists nature in doing its work.

All Druggists. Circulars free. F. J. Cheney & Co., Toledo, Ohio.

Iron Ores Formed by Bacteria. Geologists are realizing more fully as they extend their studies the magnitude of the work done by plants and animals in building up and tearing down parts of the crust of the earth. Even microscopic organisms perform a large part of this work. Pasteur long ago showed us the deadly power of bacteria in disease and their efficiency in promoting fermentation, but their influence on the fertility of soils and their work in expediting rock decay are still subjects of scientific study.

GREEN'S AUGUST FLOWER

A Marvelous Remedy for Indigestion.

Those who suffer from nervous dyspepsia, constipation, indigestion, torpid liver, dizziness, headaches, coming up of food, wind on stomach palpitation and other indications of disorder in the digestive tract will find Green's August Flower a most effective and efficient assistant in the restoration of nature's functions and a return to health and happiness. There could be no better testimony of the value of this remedy for these troubles than the fact that its use for the last fifty-four years has extended into many thousands of households all over the civilized world and no indication of any failure has been obtained in all that time. Very desirable as a gentle laxative. Sold everywhere.—Adv.

Fighters' Superstitions.

A superstition, which is an evil with the of the recent war and which is not generally known among soldiers, is to drink and participate in it. It is the custom which men have taken to putting a third man to fight his "brother" from the same outfit. If he has been used to two men the custom must be put out, and if it is not, the worst lights can be seen from the lighted cigarettes of the first man. This superstition is generally believed to have started in the British army and spread throughout the allied forces.

Some men try to spend their old debts by contracting new ones.

Kill That Cold With

HILL'S CASCARA QUININE
FOR Colds, Coughs AND La Grippe

Neglected Colds are Dangerous

Take no chances. Keep this standard remedy handy for the first attack.

Breaks up a cold in 24 hours—Relieves Grippe in 3 days—Excellent for Headache

Quinine in this form does not affect the head—Cascara is best Tonic Laxative—No Opium in Hill's.

ALL DRUGGISTS SELL IT



Spohn's Distemper Compound

To break it up and get these boys in condition. Twenty-six years ago my dear mother, Spohn's Distemper Compound in treating coughs and colds, influenza and diphtheria with their resulting complications and all diseases of the throat, nose and lungs. Acts immediately as a preventive, with equally well as a cure. 50 cents and \$1.00 per bottle of glass works.

SPHON MEDICAL COMPANY. Graham, Ind.

The Literary Meeting.

Literary Lady—Are you fond of Lamb, sir?

Literary Gentleman—Eloquy or story?

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fletcher*

In Use for Over 30 Years. Children Cry for Fletcher's Castoria

A Fair Valuation

"How do you think sixteen kisses ought to be assessed?"

"At their face value."

Cuticura Soothes Itching Scalp. An itching scalp is a sure sign of dandruff and itching with Cuticura Compound. Next morning shampoo with Cuticura Soap and hot water. Make clean your every-day toilet preparations and have a clear skin and soft, white hands.—Adv.

Getting Anxious.

"Maud, what's a finger in everything?"

"Yes, but a man's engagement ring for a woman."—Boston Transcript.

Instead of trying to beat his record the average man should try to forget his.

Use Both Hands.

A French surgeon has recommended the French Academy of Medicine to advocate teaching school children to make good use of both hands.

USE "DIAMOND DYES"

Dye right! Don't risk your material in a poor dye. Each package of "Diamond Dyes" contains directions so simple that any woman can dye—dye a new, rich, fadeless color into old garments, draperies, coverings, everything, whether wool, silk, linen, cotton or mixed goods.

Buy "Diamond Dyes"—the other kind—then perfect results are guaranteed. Druggist has "Diamond Dyes Color Card"—36 rich colors. Adv.

One to the Six.

A lady, having left her umbrella in a car, applied for it at the office. "Oh, you indeed, you indeed," said the official in charge, as he brought about thirty umbrellas for her inspection. "You are so terribly forgetful!" The lady smiled as she pointed out to him that, with the exception of three, they were all gentlemen's umbrellas!



The Housewife's Burden

When a woman is almost distracted from overwork, her home is in disorder, crying children, and on top of all is suffering from backache, bearing down pains, or some other form of feminine ills, then she should remember that hundreds of women in just her condition have been restored to health and regained their youthful strength by taking Lydia E. Pinkham's Vegetable Compound and not rest until she has given it a fair trial.

Proof that it Restored the Health of These Two Women

Cairo, Ill.—"Some time ago I got so bad with female trouble that I thought I would have to be operated on. I had a bad displacement. My right side would pain me and I was so nervous I could not hold a glass of water. Many times I would have to stop my work and sit down or I would fall on the floor in a faint. I consulted several doctors and every one told me the same but I kept fighting to keep from having the operation. I had read so many times of Lydia E. Pinkham's Vegetable Compound and it helped my sister so I began taking it. I have never felt better than I have since then and I keep house and am able to do all my work. The Vegetable Compound is certainly a grand medicine."—Mrs. J. R. MATTHEWS, 3311 Sycamore Street, Cairo, Ill.

Chattanooga, Tenn.—"I used Lydia E. Pinkham's Vegetable Compound before my baby came when I could no longer keep up. It strengthened my back and relieved me of the ill effect which so often develops at such times. That was my first experience with the Vegetable Compound. Years afterwards I took it during the Change of Life and got along so well I scarcely ever had to lie down during the day and seldom had dizzy, fainting spells. I am now well and strong, can do all my housework with perfect ease and it is a comfort to me to be able to say to other suffering women 'take Lydia E. Pinkham's medicine and be strong.' I will be glad to have you use my name if it will be the means of helping any one."—Mrs. R. A. FAIRBANKS, 608 Orchard Knob Ave., Chattanooga, Tenn.

Ailing, Overworked Housewives Should Rely Upon

Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

Your table drink will never bother nerves or sleep if you quit coffee and drink



INSTANT POSTUM

If coffee troubles you, isn't it better to make the change now rather than later?

Better health results and you'll appreciate the economy and convenience.

AT GROCERS EVERYWHERE

"There's a Reason" for Postum

Made by Postum Cereal Co. Inc., Battle Creek, Mich.